Year 4 - Lesson plan for session 2

 Exploring risks
[Positive Choices Coventry](https://www.changegrowlive.org/positive-choices-coventry)

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|  Links to PSHE Association Programme of studySee:<http://www.pshe-association.org.uk/resources> | Learning outcomesBy the end of this lesson, the pupils will have: * Developed their ability to assess when a situation could be risky
* Understand why we take risks
* Build awareness of the impact of feelings on risk taking
* Ability to identify how to make a situation safer
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| Time required | 30 minutes (depending upon pupil’s needs and teacher choices)  |
| Required resources | Paper and pencils for children to record their learning and thinking – this alternatively could be done electronicallyFlip chart / A3 paper and pens for each table – pens to highlight during activity twoWe would also suggest that pupils have a PSHE learning journal to provide evidence of learning and progression and as a reflective log.Feelings cards – activity oneRisk and feelings cards – assessment activity |
| Lesson Plan | **Introduction discussion – whole class**Ask children to think of a time when they had been excited. How did it make them feel?On the white board list the above and ask for expansion around how they behaved? Ask children:* Would accidents be more likely to happen when a person gets excited?
* What sorts of things could happen?

Excitement could lead to a person not being careful and so being at risk of hurting themselves. Explore other feelings and add these to the list with the same consideration; ie if you’re feeling sad, how does this make you feel, how do you behave, could accidents happen?**Main Activities:****Activity 1**In groups; give out feelings cards (resource):* Feeling upset
* Frightened
* Bullied
* Threatened
* Pressured by friends

Group discussions then to be had on:* How could these feelings affect a person’s safety ie. What sort of risks might a person take?

Children are then to make a scenario based on a risk that might be taken whilst experiencing their given feeling. With a focus on:* How can this scenario be made safer?
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| Assessment / Plenary | To assess understanding and develop children’s ability to assess risk:Pull out one Risk card and one Feelings card. Children decide whether the two combined are High/Medium/Low Risk and show on their bodies:* High Risk = Arms up
* Medium Risk = Hands on shoulders
* Low Risk = Hands on knees
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